

Does it make you angry when you see someone texting on the highway?



**Hang Up
& DRIVE!**



HOW MANY DISTRACTIONS ARE TOO MANY DISTRACTIONS?



DRINKING
COFFEE



USING A CELL
PHONE



TALKING WITH
PASSENGERS



READING A
NEWSPAPER



FINDING THE
RIGHT MUSIC



EATING

put  down
it



Distracted Driving



There are three main types of distraction:

- **Visual - taking your eyes off the road**
- **Manual - taking your hands off the wheel**
- **Cognitive - taking your mind off what you're doing**

Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increases the risk of crashing.



Distracted Driving



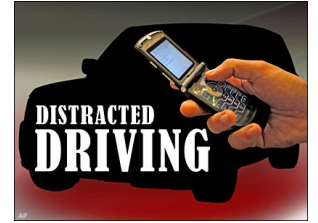
While all distractions can endanger drivers' safety, texting is the most alarming because it involves all three types of distraction.

Other distracting activities include:

- **Using a cell phone**
- **Eating and drinking**
- **Talking to passengers**
- **Grooming**
- **Reading, including maps**
- **Using a PDA or navigation system**
- **Watching a video**
- **Changing the radio station, CD, or Mp3 player.**



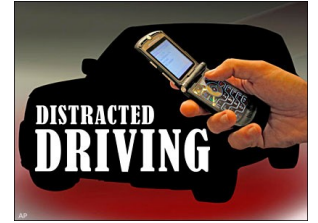
Distracted Driving



On 1 October 2009, President Obama issued [Executive Order 13513](#) prohibiting federal workers and contractors from texting while driving on the job or when using government vehicles or mobile devices.



Distracted Driving



Some states ban cell phone use in school zones or construction sites, and some place restrictions on novice drivers and school bus drivers.

Six states have laws that prohibit local jurisdictions from enacting restrictions. They are Florida, Kentucky, Louisiana, Mississippi, Nevada, and Oklahoma. In other states, localities are allowed to ban cell phone use or texting while driving.

List of state bans

For more information, including a state-by-state list of bans in effect, see the

Governors Highway Safety Information website

Everyone Is Part of the Solution



“Put It Down” is a broad, public-private partnership of community and health groups, safety advocates, businesses, law enforcement, legislators, public officials, concerned citizens and those who have lost loved ones because of a distracted driver. These partners realize that eliminating distractions while driving will save lives and reduce costs associated with crashes caused by distracted drivers. And because everyone is potentially affected when drivers are distracted, everyone must be part of the solution.

- For more information and specific tools, visit the Get Involved section of www.distraction.gov:



**I used to want to climb
Mount Everest.**

**Now, I just want to
climb out of bed.**

**IT ONLY TAKES ONE
TEXT MESSAGE TO CRASH
YOUR DREAMS.**

**Don't Text
and Drive.**

The Conversation Can Wait.

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TAKES
ONE TEXT
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STOP -

Before It's Too Late
That Call or Text
Can Wait !